

BAR HILL NEWS

Brought to you by the Bar Hill Community Association
May 2025 Issue 668



THIS MONTH: 30 Mile Memory Walk in May (Page 6), Vets for Pets (page 13), Maple Surgery Update (Page 16), Preschool Update (Page 21), Primary School (Page 23), Tennis & Pickleball (Page 25), Primary School PTA (Page 31), BOBS (Page 39)

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- Shoulder Injuries
- Pain during Pregnancy
- Muscle Spasms
- Mobility Issues

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If you'd like to contact the BHCA then you can either;

- Write to us at **Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**
- Email the Chair of Trustees at **chair-of-trustees@barhill-ca.org**, or
- Call/ message/ WhatsApp **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Fox. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhill-ca.org**

See www.barhill-ca.org

Bar Hill News - Digital Copy

On (or around) the 1st of the month we send out a link to this month's digital copy. If you'd like to receive it please complete this form.

<https://bit.ly/bhn-digital>



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NEW SATURDAY LUNCH CLUB

Welcoming all residents of Over & surrounding villages to join us for lunch at the Day Centre, fourth Saturday of each month, service starting at 12:30 following the Memory Café, our next lunch on Saturday, May 24

£10.00 per person, main course & dessert, includes teas & coffee

all food is freshly prepared & we're happy to cater for any dietary requirements

menu for lunches are available one month before, from our website or at the Memory Café

places must be pre booked, online www.overdaycentre.co.uk/whats-on/saturday-lunch-club/
or email: saturdaylunchclub@overdaycentre.co.uk, or telephone 01954 231807/07710 694900





May 2025 Timetable

Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for people of all ages as a place to gather & enjoy community!

5 May		BANK HOLIDAY - NO COMMUNITY HUB
12 May	Coffee Stop, Foodbank, Chess, traditional & 5Aside versions	Carers Café with speaker from Oxford Archaeology 10.00 - 11.30 Coffee with a Cop to include the Bobby Scheme 10.30 - 12.00
19 May		Health & Wellbeing 10.15 - 10.45
26 May		Evergreens 10.00 - 11.30

WHEN: Every Monday 10am – 12pm. Please note no Community Hub on 5 May but we will be there on 26 May

WHERE: The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

WHAT: Our vision is to create a fairer and friendlier community, so everyone can thrive and knows where to turn to for warmth, welcome, friendship and support. The Hub is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

Coffee Stop: Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are struggling financially, drop by and let us help you, available between 10am and 11.30am

Citizens Advice: NOTICE: for health reasons, there is no village Citizens Advice service. To book an appointment for face to face, email or telephone advice with the Cambridge office, please use the following contact details

Email: <https://www.cambridgecab.org.uk/get-advice/email-us/>

Phone: 0808 278 7808

Evergreens: a safe space for those with memory loss to enjoy: Conversation, Connection, Celebration. Accompanied by a carer, friend or family member. When: usually 4th Monday of each month. Please see separate entry in Bar Hill News for more information.

Health & Wellbeing: On the 1st & 3rd Monday, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am).

Carers Café: On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

Meet a Parish Councillor: you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm on the 4th Monday of the month. Just look for the sign within the Coffee Stop.

Traditional & 5Aside Chess (within the Coffee Stop): A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!

Come along on 12 May to meet our Neighbourhood Police Officers and also take the opportunity to speak with a representative from the Bobby Scheme for advice on home security

Your Community Hub...in the community, by the community, for the community!

Walk 30 miles this May in memory of a loved one



Losing someone you love is never easy, and as we continue to navigate life without them, it's important to find ways to honour their memory and make a meaningful impact. That's why we're inviting you to take part in a special fundraising event this May: **WALK TO REMEMBER** and walk 30 Miles this May.

This challenge is more than just about physical distance—it's about coming together to raise funds for Addenbrooke's Charitable Trust (ACT) that will support the care and services across Addenbrooke's and the Rosie hospitals.

Here's how you can get involved:

1. **Walk:** Whether you walk all 30 miles at once or spread it out throughout the month of May, each step you take will be a tribute to the memory of your loved one.
2. **Fundraise:** Create a fundraising page to share with family, friends, and colleagues. Every donation you receive will go directly to helping to make Addenbrooke's and the Rosie hospitals even better.
3. **Remember:** Walk in memory of the ones you've lost and know that your efforts are making a lasting impact. As you walk, share your memories, and dedicate your miles to them.

Your participation will help provide life-saving treatments, support for families, and critical resources for staff ensuring they continue to provide excellent care for all who need it, while keeping the memory of your loved one alive.

Take the first step and register at www.act4addenbrookes.org.uk/walktoremember

LETTERS, NOTICES & ANNOUNCEMENTS

Please send your letters & notices to bhn-editor@barhill-ca.org. Thank you!



Bar Hill HAPPY HOURS Club

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along!

Coming in May: 2nd: Bingo and a Quiz, 9th: VE day celebration 40s theme, 16th: Italian theme, 23rd: Auction, and 30th: Bingo and a Quiz

Anne Plumb | 01954 780364 | anne@rwp10.plus.com

LOST on 23rd March. A friend has lost a silver **Claddagh ring** - has 2 hands clasped together. The ring has great sentimental value She thinks that it was lost between the church and Partridge Drive. Please let me know if you should find it. Thanks

01954 780364 | anne@rwp10.plus.com

Over Memory Café

inviting all people living with memory loss, their families and carers, to join us for Music, Refreshments and Fun.

Saturday, May 24

Saturday, June 28

Saturday, July 26

from 10 am to 12 noon

at The Over Day Centre, 1 Drings Close, Over, CB24 5N
wheelchair accessible, free parking available

please visit <https://www.facebook.com/OverMemoryCafe/>

Dear Readers,

A quick update in relation to the County Council and Mayoral Elections which are coming up on the 1st May.

You will notice that there are no District or County Councillor columns in this issue. As a politically neutral publication we have a policy of not printing columns which could be delivered in the pre-election period - typically 6 weeks before, or overlapping with, the election date - so as not to give any candidate, or political party, an advantage.

Andy Pellew | Editor - Bar Hill News

Dear residents,

In Guatemala (central America), gruelling heatwaves and extreme weather are destroying crops on the numerous small farms of this agricultural country. This threatens the livelihood of millions who already live in extreme poverty. They are among the poor who have done the least to cause the climate crisis, yet they suffer the most.

Christian Aid Week (11-17 May) provides an opportunity for us to help fund the vital training that will equip these small-scale farmers to escape poverty. Advice on drought resilient crops, conserving water and making fertiliser will help them provide a secure future for themselves and their families.

As last year, there won't be a house-to-house collection but envelopes will be available 11 and 18 May (mornings) in church and at the Hub on Monday 12 May.

Thank you.

Pam Vendy

The deadline for submissions is the second Thursday of the Month.

Please send your article to bhn-editor@barhillca.org (PDF, Word, Pages, etc)

Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 9.30 pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £3 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or barbara.page@live.co.uk

Dear Residents,

What is DNA? Deoxyribonucleic acid, the molecule that carries genetic information for the development and functioning of an organism.

However, it is also something much simpler - **Did Not Attend.**

Every month, up to 100 GP and clinical appointments are wasted because a patient doesn't turn up and has not cancelled the appointment. These appointments could have been offered to someone else.

Occasionally genuine mistakes happen, but PLEASE, if you no longer need an appointment, let the surgery know as soon as possible so another patient can be seen.

Thank you,

Maple Patient Participation Group

Huntingdon Concert Band

17th May 2025 at 7.30 pm

in Bar Hill Church

We are pleased to announce that our favourite band will be performing again this year at Bar Hill Church. The concert will take place on Saturday 17th May 2025 at 7.30 p.m. Tickets will be available soon at £11 for adults and £7 for children.

Tickets can be obtained from:

- Sue & Trevor Kenchington **01954 780260**
kenchington@supanet.com
- Maggie & Malcolm Cox **01954 488657**
maggieandmalcolm@gmail.com
- Or Bar Hill Church **01954 206120**
office@barhillchurch.org.uk

Light refreshments will be available to purchase during the interval. All proceeds to Bar Hill Church.

Saturday, May 10

Saturday, June 14

Saturday, July 12



*Willingham
Memory Box Café*

Invites people living with memory loss (from any cause) and their carers to join us for Music, Company, Chat, Refreshments and Fun

from 10 am to 12 noon

**In The Octagon
(behind Willingham Parish Church, with wheelchair access and no steps)**

or visit our facebook page www.facebook.com/WillinghamMemoryBoxCafe/



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Tel: 01480 831615

www.ashcroftvet.co.uk

Out of Hours Tel: 0845 500 4247

Dear Editor,

Some time ago Bar Hill News asked about blind spots for pedestrians in the village and the two I was aware of were the one from Tesco's bus station to Robin Close and the one from Tesco garage to the industrial area. One of which was mentioned by you at that time.

I am also concerned about the Tesla garage having their entrance on the bend of the perimeter road but assumed that the Parish Council had a good reason for allowing this.

I am also concerned about the amount of lorries parking on the perimeter road between Tesco's roundabout and the actual village entrance. One evening this week they were on both sides of the road although the one doubling up was on the grass verge and not the actual road.

Please can something be done about these points. The perimeter road is a hazard at times with drivers ignoring the speed limit. How about some speed bumps or neon warning signs and in the case of the lorries perhaps yellow lines on both sides of the roads from Tesco's roundabout to the actual village entrance could be considered.

Regards

Coral Paulson

8 o'clock club

The club is a women's group and we meet in the school on the 1st Thursday of the month at 7.30 pm.

Our speaker on the 1st May is Roger Lilley from The Cambridge Museum on Castle Hill.

Our fee is £15 per year and £1 each meeting for a hot drink and raffle.

We welcome new members to the club. If you would like to join please come along to one of our meetings or phone Barbara 204171 (07847 327709) Adela 204265 or Ann 204687



OVER DAY CENTRE

**Sunday
11th May 2025**



The Five Pub Challenge

Back by popular request, the 5-pub Challenge walk. See old friends, make new ones; perhaps walk as a group. All proceeds to go to the Over Day Centre, this year to help raise funds for client activities and capital items.

Meet at Over Day Centre, Drings Close, CB245NZ from 10.00am, for a 12.5 mile walk through the beautiful Cambridgeshire fens to the Pike & Eel, the Ferry Boat, the Three Tuns, the White Horse and back to the Over Community Centre.

Minimum donation of £15 per adult, children free. Under 18s are very welcome but must be accompanied by a responsible adult. The length of the route may make it unsuitable for younger children.

For details and to register, please view :



www.overdaycentre.co.uk/fundraising/5-pub-challenge-2025/
or call the Day Centre
01954 231807

You can register online and donate before the day, the quickest way, or you can print the form yourself and complete then donate with card payment or cash on the day. If you are unable to join us but would like to donate, please go to:
www.justgiving.com/page/overdaycentre-5-pubs-may-2025

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Bar Hill Church news

Services

Sun 4 May, 10:00am — **Holy Communion**

Separate activities for children

6:00pm — **Informal Worship**

Refreshments served from 6:00pm with the service starting at 6:30pm and finishing at about 7:30pm.

Wed 7 May, 10:00am — **Mid-week Communion**

Sun 11 May, 10:00am — **All Together Worship**

A church service with something for all ages, adults and children.

Sun 18 May, 10:00am — **Holy Communion**

Separate activities for children and young people.

Sun 25 May, 10:00am — **Café Church**

A different kind of church service: around tables with coffee and biscuits, with a mix of led worship and group discussion. Separate activities for children under eight.

Sun 1 June, 10:00am — **Holy Communion**

Sunday morning services can also be attended via **Zoom**: meeting id 882 9761 3899, password: 284740. We also hold a short (about 20 minutes) Morning Worship service by Zoom at 8:15am every day Monday to Friday, using the same meeting id.

Contacts

Church Office: Ian Farr, 01954 206120, church.office@barhillchurch.org.uk

Working hours usually include Monday, Tuesday and Wednesday mornings. A number of external activities take place in the church buildings throughout the week. Enquiries about hiring space for an event should be directed to Ian.

Minister: Revd Wendy Wale, 07780 828865, minister@barhillchurch.org.uk

Working days are Monday, Tuesday, Thursday and Sunday.



Website: <https://barhillchurch.org.uk>

Facebook: <https://facebook.com/barhillchurch>

Bar Hill Memorial Garden

Spring is here now. We have had both abnormally warm weather as well as below temperatures for this time of year. Many of the bulbs have started fading but then we have other shrubs showing us their colours. The days are getting longer, although not all frosts have passed.

At long last everyone can see what wonderful work and changes to the Memorial Garden, have taken place. Our grateful thanks to John Hinchliffe who has installed the plaques. My grateful thanks go to the whole team who help maintain and have worked so hard in the garden. We are aware that some wheelchairs and wheeled walking aids find access difficult. Like before it takes time for the stones to settle, please keep to the edge. If you are having problems please talk to Chris below.

The refurbishment costs of £5000.00p plus have been met by donations / grants from individuals, The Parish Council , The Community Association, South Cambridgeshire Community Chest, The Co-Op. for which we are extremely grateful.

My grateful thanks to all who donate towards the upkeep of the Memorial Garden, cheques / cash may be left at 7 Acorn Avenue made payable to Bar Hill Memorial Garden or alternatively paid directly into Bar Hill Memorial Account at the Cambridge Building Society Account Number 1768402740 Sort Code 20-17-55 If you wish to talk to someone re a donation then please phone Chris on the numbers below. Thank you once again to all those who have given financial support for this work.

Should you wish to place a Memorial Plaque then contact Chris Stannard **01954 781978, 07711 623425,**
c.e.stannard1@gmail.com

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May Watchouts for Pet Owners

As the days grow longer and the hedgerows burst into life, May is a beautiful time to be out and about in our countryside. It's also a month when we start to see a shift in the kinds of ailments and injuries that come through the doors of the veterinary surgery. While pets (and their owners!) are enjoying the warmer weather and increased time outdoors, it's important to be aware of some seasonal concerns that can crop up at this time of year.

Pollen Allergies in Pets

Just like people, pets can suffer from pollen allergies, especially during spring when tree and grass pollens are at their peak. However, while humans often experience sneezing and watery eyes, our pets usually show allergies through their skin.

Signs to watch for include:

- Excessive scratching or licking, especially around the paws, belly, and ears
- Red or inflamed skin
- Ear infections or head shaking
- Chewing or biting at the feet
- Overgrooming in cats, sometimes leading to bald patches

These symptoms can be uncomfortable and, if left untreated, may lead to infections or sores. If your pet shows any of these signs, it's worth speaking to your vet. Treatments might include anti-itch medications, special shampoos, and allergy control plans. A simple step like wiping your pet's paws and coat after a walk can also help reduce pollen exposure.

Outdoor Injuries

With the better weather, we're seeing a rise in injuries linked to outdoor play and

exploration. Two common issues in May are cut pads and stick injuries.

Cut Pads:

Dogs often cut their paw pads on sharp stones, glass, thorns, or even rough footpaths. These cuts can be painful and bleed quite a lot, even if they look small.

If your dog cuts a paw, clean it gently with water, apply pressure to stop bleeding, and cover it with a clean cloth or bandage.

Always have it checked by a vet – some cuts need stitches or antibiotics to heal properly.

Stick Injuries:

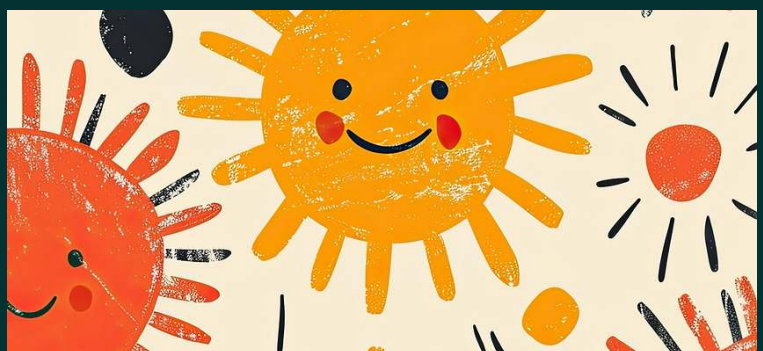
While it might seem harmless, playing with sticks can be risky. Dogs can accidentally jab themselves in the mouth or throat, or splinters can get lodged in their gums or further down.

We recommend using safe alternatives like rubber toys or dog-safe throw sticks instead. If your dog suddenly shows signs of discomfort after playing with a stick – such as drooling, pawing at the mouth, or refusing food – get them checked out right away.

Final Thoughts

May is a wonderful month to get outside with your pets and enjoy the sunshine. A little extra vigilance can go a long way in keeping them safe and comfortable. Keep an eye out for allergy symptoms, avoid risky games with sticks, and check paws regularly for cuts or thorns after walks.

As always, if you're unsure or notice any signs of discomfort in your pet, your local vet is just a call away. Wishing you and your furry companions a happy and healthy spring!



Bar Hill Library - May 2025

Did you know that we are about much more than just books? Here are some things you may not have realised you could do in your local library:



Jigsaw puzzles

We have a large selection of jigsaw puzzles for adults, which you can borrow or swap. Most are 500 or 1,000 pieces and you don't need a library card to borrow one.

We also have a community jigsaw puzzle on the go at all times so you can add a few pieces whenever you're visiting the library.

Ferrule replacement

If you have a walking aid such as a walking stick or frame, the rubber 'feet' on the bottom become worn over time and can be



dangerous. We have a stock of ferrules in various sizes and can change them for you free of charge.

Bus passes

If you are eligible for a free bus pass, did you know that you can apply for this in the library? Whether it's for your first

bus pass or renewing your old one, we can complete the whole process for you, including taking your photograph.

Printing, scanning and photocopying

Whether you need to print a label, scan some important documents or photocopy invoices, you can do all of this in the library. Check with us or on the Cambridgeshire Libraries website for updates on services we offer and charges.

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MAPLE SURGERY - March Update

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Practice Nurse

We have managed to finally recruit a second Practice Nurse to work at Maple Surgery. She will be joining our other new starter in the middle of May. This is exciting news for us, and I am sure that you will all join us in welcoming her to the Practice when she arrives.

New Reception staff

We have also managed to replace 2 long-standing members within the reception team. Training for this role takes some time due to the complexity of some of the issues that are dealt with every day and the time it takes to learn them. We would appreciate your patience with these new faces at this time.

Practice closures for Staff training

The practice will be closed from 1.00pm for training on the following dates; Thursday 15th May 2025, Tuesday 17th June 2025, and Wednesday 16th July 2025

Covid Clinics

The Practice has recently signed up to provide the Spring Covid Booster vaccines. Appointments for the administration of the vaccines have been made available from the middle of April to eligible patients. Any patient who is eligible will be contacted to see if they want to be vaccinated. The criteria for eligibility have been amended slightly compared to the Autumn booster, so patients who were vaccinated with the Autumn booster may not be eligible for the Spring Booster. If you believe that you are eligible, but have not been contacted, please contact the Practice on the usual number.

Please see web address below that will provide details for eligibility.

<https://www.nhs.uk/vaccinations/covid-19-vaccine/>



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Bar Hill Church Knit & Natter

"Knit & Natter" is a well established group in Bar Hill for ladies of any age who like to knit with others in a relaxed and friendly atmosphere.

We meet every Thursday afternoon from 1.15 in The Octagon opposite The Doctors Surgery. The Octagon is the smaller building next to Bar Hill Church.

As part of our afternoon activities we encourage everyone who wishes to do, to take part in a few fun and vital short keep fit exercises to boost their physical and mental health.

Our main feature is the creation of many wonderful knitted items which are given to local charities who need our help. This can be baby clothes, warm adult knitted items and Lap blankets in the winter for local people. We have established contacts with local charities who are delighted to receive our "knitted treasures"

Possibly one of the most important features of the group is that all are welcome and are encouraged and enabled to meet new friends while sharing a pleasurable mutual interest. This might be a good starter if you are new to the village to find new friends and re-start a previous hobby

Then, of course, there is Tea time accompanied of course with a welcome selection of cakes.

As well as our weekly meetings, we hold other events in the year. We enjoy outings to the seaside and occasionally, a winter shopping trip. We also have a couple of Craft Days to explore more creative activities. Also a Garden Party in the summer.

We would be delighted to welcome you to our group and I will be happy to talk more about it if you are not sure if it is right for you.

Hope to see you there.

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THE ROYAL BRITISH LEGION

The Royal British Legion meetings are open to anyone who would like to become a member. You do not have to have served in the Forces to join. We are there to support all ex-service personnel.

Dates for your diary for 2025;

- 26th June
- 28th August
- 23rd October
AGM



Meetings start at 7:30
in the Octagon Meeting Room.

If you would like to visit and see what we do at a meeting, please feel free to either come along or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657**.



BAR HILL LEGO CLUB

SECOND WEDNESDAY OF THE MONTH
(TERM TIME ONLY) 3.30-4.45PM

ALL SESSIONS ARE FREE OF CHARGE
AND DON'T NEED BOOKING, JUST
COME ALONG WITH YOUR CHILDREN!

Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580**.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - **07842 190882**.

Come & worship - everyone welcome.

Contact Bunty Waters for more info.

**Would you like to help
support NHS research?**

NHS

The NHS is looking for volunteers to help refine and improve the NHS App. If you're interested you can complete this short survey; <https://bit.ly/NHS-App-Panel>

In April, Bar Hill Preschool focused on 'Spring' themes, including weather, life cycles of plants, 'Easter' and 'Earth Day'.

We started introducing the 'Easter' theme just before the holidays, by taking our older children to the local church for an 'Easter' story and egg hunt in the garden. Many thanks to the Church Minister and volunteers for organising the event. The children really enjoyed themselves.

Besides this, we have also been making our families 'Easter' cards and updating the boards within the setting in a 'Spring' theme. On the last day of the theme, our older children took part in a 'letters and sounds' Easter egg hunt.

In March, we have been practising road safety. The children took a walk to the Tesco car park, while practicing the 'green cross code' at the zebra crossings and learning about how to stay safe near the roads.

As the weather got better, we also started planting with potatoes, carrots and sunflowers, which the children took home in their pots.

We organised a 'Cookie and Cake' stall at the end of last term, raising funds for the Preschool, which resulted in a total of £61.30. Thank you to everyone who came

over and supported this event. We hope you enjoyed it!

We offer places to children the term after they are two years old. We accept two, three and four year old funding, and we are also part of the 'National Savings Childcare' scheme. See our website (above) for more details or call **01954 782892** for an application form.



Weekly playgroup sessions for babies and preschool children

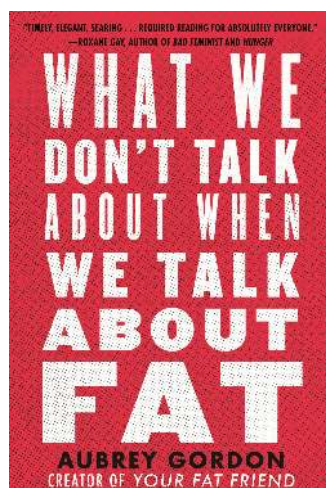
A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

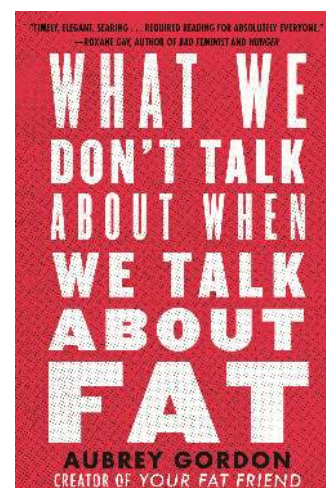
We look forward to seeing you at our next session



Bar Hill Ladies Book Club

Bar Hill Book Club will meet again on Tuesday 13th May in the Sports and Social Club at 7:30 pm. The book is: "What we don't talk about when we talk about Fat" by Aubrey Gordon.

For details of future events please email **sheilafarrar@hotmail.co.uk** or call/text **07920 558319**



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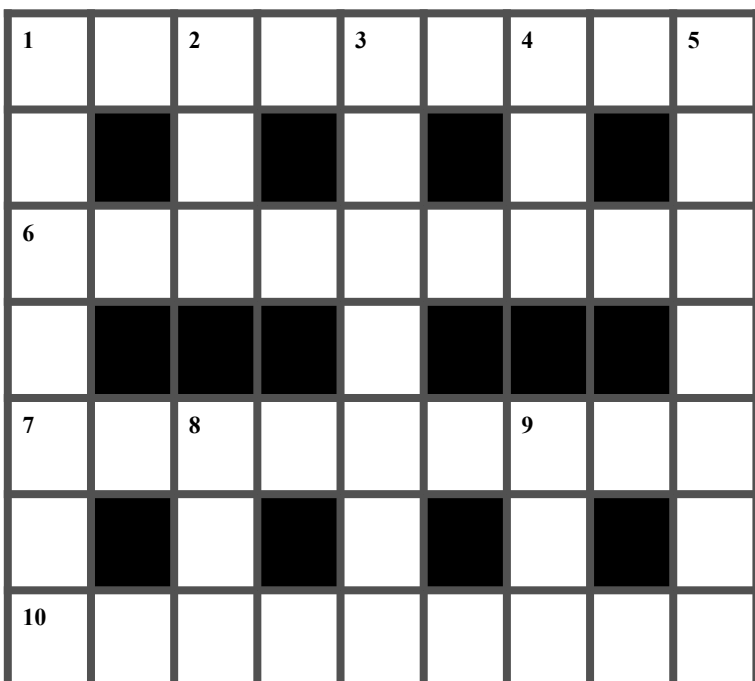
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PUZZLE for MAY 2025

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Down: 1.hire, formal document. 2.type of river inlet. 3.rescue/save. 4.drink [as a cat]. 5.the adjoining village-Dry ?. 8.facial feature. 9.Japanese sash.

22

Bar Hill Sports & Social Club

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Bar Hill Primary School football team set for national finals

Bar Hill Primary School's 7-a-side football team have finished as runners-up in the South-East Regional Schools' Finals, securing their place in the National Finals at Stoke City FC's stadium this May.

The squad of ten talented Year 5 and 6 players travelled to the regional tournament in Sporting Thamesmead, North London, to compete against the top primary school teams from across the South-East, including competitors from Bedfordshire and Sussex.

The team started strong with a 3-1 victory in their opening group-stage match thanks to two fantastic goals from Alex Mickevics and another from Frankie Houston, both Year 6 pupils. Their second match against Sunnymeade Primary in Essex ended in a nail-biting 1-1 draw, with Alex scoring another amazing goal from a free kick. A hard-fought 0-0 draw followed against a very strong team from The Disraeli School in Buckinghamshire, but this still secured Bar Hill's position at the top of Group A.

Progressing to the next stage, the team faced off against Group B winners, Wolfson Hillel School in Middlesex, in a tense match that ended in a goalless draw. Goalkeeper Oscar

Chetwyn, a Year 5 pupil, delivered a standout performance during the match, with several crucial saves. The final match against eventual tournament champions, St Mary's Primary in Sussex, ended in another hard-fought 0-0 draw, showcasing Bar Hill's defensive resilience and teamwork.

With their place in the National Finals now confirmed, the team will compete against the best primary school teams in England. This outstanding achievement reflects the school's commitment to sporting excellence.

Charlotte Linden, Head Teacher at Bar Hill Primary School, which is part of Meridian Trust, expressed immense pride in the team's accomplishments: "We are incredibly proud of our children for their outstanding performance. Their teamwork, determination, and sportsmanship have been truly inspiring, and securing a place in the national finals is a fantastic achievement. This is a testament to their hard work and dedication, and we can't wait to see them represent our school on the national stage!"

She added: "A huge thank you to Lloyd Makhanya from Kick Start Sports for his fantastic coaching and support, which has been instrumental in the team's success."

With spirits high and excitement building, the team is eager and ready for the challenge ahead. The Bar Hill Primary community will be cheering them on as they compete for the national title next month.



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BAR HILL TENNIS & PICKLEBALL CLUB



The season's well under way and we've been enjoying the early April perfect weather conditions for tennis and pickleball!

We had a fabulous pickleball Open Day on Saturday 12 April with about 40 people through the morning. If you missed that, just come down to the tennis courts for a pickleball beginners' session at 5.00pm on Mondays. Juniors are welcome if they are accompanied by an adult.

CLUB TIMES

Our Adult Club nights for social tennis are Tuesdays and Thursdays starting at 6.30pm.

Our Adult Club times for pickleball are Monday evenings starting at 6.00pm and Friday mornings at 10.00am. (Beginners' session 5.00-6.00pm on Mondays).

RESURFACING PROJECT

We've been gathering some quotations to resurface the courts and include both tennis and pickleball lines, and are approaching possible funders.

MEMBERSHIP

Club membership runs from April to March. Membership covers both tennis and pickleball and you can be part of the WhatsApp groups for either or both sports which give info about what's happening. You can apply online at vis the website (below).

CONTACT

Paul Chubbuck (Chair)

chair@barhilltennisclub.co.uk

Richard Lewney (Secretary)





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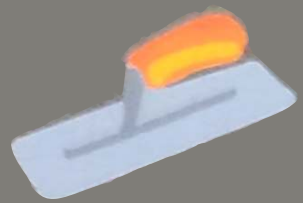
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📍 Maggie's Skydive Day at Sibson Aerodrome, Peterborough, PE8 6NE

📅 Sunday 29th June

💖 Registration fee £70, with a fundraising target of £450

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Contact Hayley or Helen for more information:

✉ cambridge.fundraising@maggies.org | ☎ 01223 249220



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Helping Hedgehogs in May

In May, hedgehogs become active as the breeding season begins. Males roam in search of mates, while females stay local and may nest under sheds. To help them, provide food and water—wet dog or cat food (preferably not fish) and small kitten biscuits are ideal, as they're also good for their teeth. Create garden access routes, check for nests before gardening, and avoid harmful chemicals. For help and advice contact : Liz Dams - **07912 988 898**/ Shepreth Hedgehog Hospital - **07947 361 187**



Help! We're Missing Something

Maybe it's an article by a group you support? A bit of local news? Or even details of an event? Let us know! Deadline for our June issue is **Thursday 8th May.**



Wildlife Gardening in May

With so much building and development in the UK, natural habitats are disappearing fast. Our back gardens have become the biggest nature reserve we have left—and many people are surprised by how much wildlife is now trying to make its home there. If we don't help, we risk losing even more of our precious native species.

In May, here's how you can support wildlife in your garden:

- Leave wild corners – Let grass grow, avoid over-tidying, and allow some weeds and native plants to thrive.
- Create shelter – Piles of logs, leaves, and compost heaps provide nesting and feeding spots for hedgehogs, frogs, insects, and more.
- Grow pollinator-friendly plants – Bees, butterflies, and other pollinators need nectar-rich flowers like foxgloves, alliums, and herbs.
- Provide food and water – A shallow dish of water and wildlife-safe food supports birds, hedgehogs, and other visitors.
- Make a hedgehog highway – Small gaps in fences help hedgehogs roam and find food and mates.
- Avoid pesticides and slug pellets – These harm the very creatures we're trying to protect.

Every garden matters. By making space for wildlife, you're helping preserve biodiversity—and by helping nature, we're actually helping our own species survive, now and into the future.





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Bar Hill Primary School PTA

Bar Hill Primary School PTA – End of Term Report

The PTA held their AGM in March and the following people were elected.

Lisa Pope (Parent/Staff)– Chair

Ellie Batterbee (Parent) – Vice-Chair

Vera Lake (Parent) – Treasurer

Lyndsey Copeman (Parent) – Secretary

Alison Burling (Staff) –
Committee member

Mandy Longstaff (Staff) –
Committee member

The main role of the PTA is to fundraise and at present the aim is to raise **£6000** for new iPads for the school. so far, this academic year the PTA have raised an amazing **£5255.33**.



Bar Hill School PTA Spring Term Fundraising

Quiz night £319.21	Disco £628.85	Tuck shop £68.65
ASDA Cashpot for schools £55.68	Performance refreshments £65.72	Tuck shop £79.20
Bounce for Books £1309	All the money raised through Bounce for Books has been donated for the purchase of new books!	That's an amazing £2526.31 this term
Disco F 23/5/25	Summer Fayre F 27/6/25	Y6 Prom F 11/7/25

During the spring term the PTA raised **£2526.31** with events including a quiz night, discos, performance refreshments and after school tuck shops. The PTA along with school helped to raise **£1309** with the 'Bounce for Books' event which was part of World Book Day celebrations. This money has been given to the school to spend directly on new books.

The PTA would like to thank everyone that has kindly donated to enable us to achieve this amazing total.

If you would like to help the PTA at any of our events, please email

pta@barhillprimary.org

and asked to be added to our friends of the PTA WhatsApp group. More details about Bar Hill Primary School PTA can be found by scanning this QR code.



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HAIR LOSS AND NEW GROWTH WORKSHOP

The Cancer Hair Care Specialists will guide you through an array of helpful cancer treatment-related hair loss subjects in the friendly, informal setting of Maggie's Cambridge. From headwear, scalp care, scalp cooling tips, wig wearing, eyelashes and brows, right through to new hair growth, colouring and cutting.

- Free goody bag worth £20
- Headwear, wig guidance, scalp cooling tips, scalp care and new hair growth
- Eyebrows and lash make up
- All your hair loss and scalp questions answered by the friendly experts at Cancer Hair Care

Our aim is for you to leave feeling empowered, confident, cared for and more knowledgeable about subjects that may be helpful during hair loss. Hair loss can seem like a mystery, but with our specialist guidance, and caring approach, we hope that you will discover options that help you to maintain your individual sense of style.



When: Tuesday 10th June - 1.30pm - 2.45pm

**Where: Maggie's Cambridge, 21 Milton House, Puddicombe Way,
Cambridge CB2 0AD**

Book in today at Maggie's – we're looking forward to meeting you!

01223 249220 | cambridge@maggies.org

Buttercups CHILD CARE LTD

**Bar Hill Day Nursery and Out of
School Club**

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email:**

info@buttercupschildcareltd.co.uk

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**



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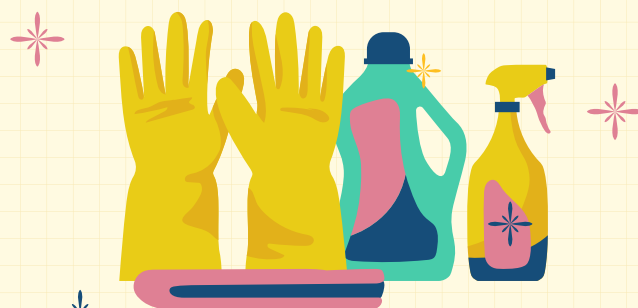
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Olive Tree Bereavement Group

Olive Tree is a very welcoming group for those who have undergone loss or bereavement, where you can talk freely and where confidences are always respected. There will be time to share your experiences, join in discussions and get to know others in the group.

Our meetings are held at 10.30 am on the second Saturday of the month, in the Octagon, and the next one will be on Saturday 12th May. We would love to see you whether you are a regular member, a new member or if you have never been before.

If you are not sure whether the group is right for you, please phone one of us to discuss it. We welcome all newcomers but would ask that you come at 10am so that we can explain the format.

The leaders, who are CRUSE trained, and the other members of the group will offer a warm welcome, and you will meet other people who have been through loss and who understand the pain and difficulties that this brings.

For more details telephone Sue Kenchington on **780260**, or Chris Stannard on **781978**.



Bar Hill Village Hall

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is managed as a registered charity (number 1002579). To book, please visit our web site barhillvillagehall.com and email

enquiries@barhillvillagehall.com to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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About me:

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Email: laurayardy@hotmail.com

CV and references available upon request.

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Hedgehog Fact: They are solitary animals – Hedgehogs usually live alone except during mating.

FRIENDS OF THE ROSIE

We hope all our customers are looking forward to Easter. Get in touch if you need any supplies for your egg hunt.

With your help we are raising money to make the Rosie a more comfortable environment for mothers and babies. The report of our AGM on 10th March is available to view on our website.

New members are always welcome, whether to contribute financially, to join our team of crafters, join our committee, provide transport for our volunteers or display a small selection of our wares. If you would like to donate some of your spare time check out our website's volunteering page for some ideas.

Thank you for your continued support and we wish you all the very best for the remainder of 2025.

Avril Williams | **01954 782431**
avril@rosieinstitches.org.uk
and Jo Hall | **01954 780304**



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ECONOMIC
TOLL
on individuals
and society

36



PHYSICAL HEALTH



MENTAL HEALTH



SOCIAL WELL-BEING



Cambridgeshire
Deaf Association

Hearing Aid Maintenance session, every 1st Wednesday morning of the month from 10am to 12pm at Bar Hill Community Church, Viking Way CB23 8EH.

We'll be maintaining NHS hearing aids, replacing tubing and domes and supplying hearing aid batteries.

Our service also provides a wonderful volunteering opportunity either as a Technician, Receptionist or Host, full training is given. Please get in touch for more information.

riley.astrup@cambsdeaf.org |

01223 416141 |

cambridgeshirehearinghelp.org.uk

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Saturday 17 May
2.30pm

Running time: 2 hours

Suitable for:

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Tickets: £6.50 / £3

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- **Connection**
- **Celebration**

Accompanied by a carer, family or friend.

When: The fourth Monday each month.

Where: The Octagon, Viking Way, Bar Hill, CB23 8EH

Time: 10am – 11.30am

Phone: 01954 206 120

Email: church.office@barhillchurch.org.uk

Free Book: DM Kevin Potts

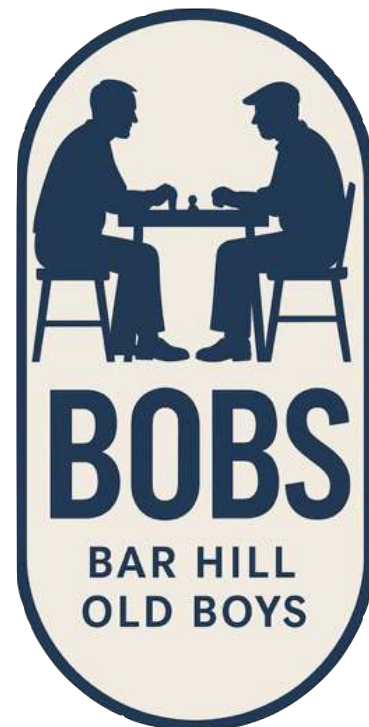
BOBS May 2025

What is BOBS you may ask? It stands for Bar Hill Old Boys.

BOBS is the successor to Crafts Shed that has been in this village for Five and a Half Years. Sadly, due to no accommodation being available where items could be made, we made the painful decision in our December Meeting to relinquish our Charitable Status. Our tools have either been sold or given to another Shed. We were able also to make two sizeable donations to two other charities.

What will BOBS do. We are here to meet as a Mens' Group on a Thursday Morning between 0930ish to 1130ish, where we will play board games such as chess, possibly table tennis etc. We also, will continue to plan visits to places of interest.

Should you require further information then either contact Nick Gunton on **07484 255514** or Chris Stannard **07711 623425**



BAR HILL SPORTS & SOCIAL CLUB

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& INSTAGRAM

WE ARE A FAMILY FRIENDLY MEMBERS' CLUB IN THE HEART OF THE VILLAGE.
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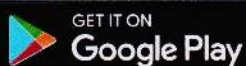
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